



THE ART OF PEACE

AFTER A TUMULTUOUS DECADE, THERE'S A LOT RIDING ON OLP'S NEW ALBUM PAGE 7



LONDON

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Monday, April 9, 2012



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london



MASTERS CLASS

MORE COVERAGE, PAGE 13

Bubba Watson cries on the shoulder of his mother, Molly, after winning the Masters golf tournament on Sunday, following a nail-biting sudden-death playoff on the 10th hole in Augusta, Ga. MATT SLOCUM/THE ASSOCIATED PRESS

Rallying to save moms' home

Bethesda Centre.

Organizer says people starting to take note of fundraising effort



ANGELA MULLINS
angela.mullins@metronews.ca

With the clock ticking, Save Bethesda volunteers are intensifying their efforts to keep the home for teenage mothers open.

As of Sunday, nearly \$59,000 had been raised to save the Bethesda Centre. Volunteers have until May 31 to raise \$1.5 million.

"I love seeing the community come together to do what they can to help," said volunteer Sarah Brooks, 34, of London. "It's incredible how many people are coming out and saying, 'My sister lived there,' or

How to help

- **To volunteer:** Post a message at facebook.com/savebethesda, go to savebethesdalondon.com or call 519-438-8371.
- **To donate:** Go to salvationarmy.ca/savebethesda.

com/savebethesdaauction and a commitment from a group of women entrepreneurs to donate half of their proceeds from April.

Donations from corporate sponsors — including McCormick and Alliance iCommunications — have started to trickle in, something Brooks considers a big step forward.

"I still have a lot of people who say, 'What is Bethesda, where is it?'" said Brooks, whose son was born there 18 years ago. "To (see) the companies responding ... that's huge because that means their employees hear about it, too (and can help spread the word)."

The Salvation Army, which operates the centre, has agreed to keep it open for up to five more years if volunteers raise \$1.5 million. Officials announced in February that it would close June 30, then issued the community fundraising challenge on March 9.

Extreme geology

London native Simon Donato takes science-minded adventurers to places others dare not go

PAGE 2

Is your water pump smart or stupid?

The "intelligent" kind could save you big money in energy costs PAGE 11

A doubly happy Easter

Ottawa's Hélène Campbell, who underwent a double-lung transplant on the weekend, shows signs of recovery PAGE 4

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NEWS

On the web

Senior
WOWS
crowds

Eighty-six-year-old Johanna Quaas could put gymnasts a quarter her age to shame.

Last month, the springy silver-haired octogenarian wowed a crowd during parallel-bar and floor-exercise rotations at the Cottbus Challenger Cup in Brandenburg, Germany. Watch at metronews.ca

Flash and
feathers

Eighty feathers and fluff were afloat in Berlin after a flash-mob pillow fight took to the city's famous Brandenburg Gate. Watch at metronews.ca.

Mobile news



Britain's Olympic chief fears the London Games could be marred by a protest like the one that disrupted the Boat Race between Oxford and Cambridge on the River Thames. Scan the code for the full story.

London native takes it to the extreme

Adventure Science.

Western grad mixes passions for greater good through leading search parties



ANGELA
MULLINS

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Simon Donato isn't your average geologist.

Rather, you might consider him an ultra-geologist — mixing a love of extreme sport and science that pushes each to new bounds.

A London native, Donato, 35, has been leading scientists and search parties into rugged terrain since 2008 through his Calgary company Adventure Science.

"It's a hobby, but it can be pretty intensive."

Donato put his first search under his belt the year the group was formed — scouring the mountains of California for adventurer Steve Fossett.

"We were searching areas ATVs couldn't access," Donato said. "Places they couldn't see from airplanes."

Most recently, Donato and friends helped search New Mexico's Gila National Forest for Micah True — an extreme athlete profiled as Caballo Blanco in Christopher McDougal's book *Born to Run*.

Donato, who had met True when he ran the Cooper Canyon ultra-marathon in 2010, a race True founded, spent the night with True's body after it was discovered

March 31 along a remote creek bed by two other searchers.

Many, including Donato, consider True a pioneer of ultra-running, a sport that involves running extreme distances over unlikely terrain.

"We just kind of felt compelled to go down and help in our own little way," Donato said about the search.

"We found out (he was missing) Thursday night. By Friday morning, we had the wheels in motion."

The search for True is an example of what Adventure Science is all about, Donato said.

"Caballo's a trail runner, and he went out on a run (and never came back). So, you have to get into a trail runner's mentality," he said.

"You start to think as a trail runner ... and that's where the value comes in."

His next outing is scheduled for late May in Montana. There, Donato and his team will lead scientists into hard-to-access areas for archeological exploration.

"(Adventure Science) kind of came out of my realization that through mountain biking ... (and) adventure racing I could move through pretty rugged, tough terrain at relative ease."

"In doing field research for (my doctorate), it kind of dawned on me that most scientists were kind of limited on where they could go because of fitness."

"We add the ability to travel huge distances each day (without burning) your crews out."



London native Simon Donato, 35, is pictured in September after the 330-kilometre Tor des Geants ultra-marathon in Courmayeur, Italy. Donato, an extreme athlete, now lives in Calgary where he runs a company that leads scientists and search parties into remote locations. CONTRIBUTED

Stafford. Family spends quiet day on anniversary of girl's disappearance

It has been three years since eight-year-old Victoria Stafford vanished outside her school in Woodstock, Ont., and in the midst of the trial of the man accused in her death, her family is spending a quiet day marking the grim anniversary.

Her father Rodney Stafford and his family paid a visit to Tori's grave, as they have been doing most days throughout the trial of Michael Rafferty in London.

April 8, 2009, was the day Tori never returned home from school and never would

Quoted

"There's a deeper loss because she's gone."

Rodney Stafford,
father of Tori Stafford

again.

It's tough to recall that day and the agonizing months that followed, before her remains were discovered that July, but at the same time each April 8 is just another day without Tori, said Stafford.

THE CANADIAN PRESS

London Food Bank

Final spring campaign push

This is the final week-end of the London Food Bank's spring campaign. The organization says the number of donations is well above average for this time of year.

So far, 50,000 pounds of food have been collected.

"We're up about 7,000 pounds — 10 per cent over last year — so we're actually very happy," said Jane Roy, the food bank's co-executive director.

Roy says the goal is to collect about 70,000 pounds. AM980/AM980.CA

Crime

Suspect sought in two stabbings

London police have released a photo of a suspect wanted in connection with two stabbings Thursday night.

Michael Leonard, 31, is five-foot-nine and 185 pounds with a medium build. Police say he should be considered armed and dangerous. He is wanted for two counts of aggravated assault.

METRO



Michael Leonard.
SUPPLIED

Men of Distinction

Hockey honours contributors

A pioneer in girl's hockey, a six-time junior development champion, a timekeeper par excellence, and two Huff 'N Puff Seniors Hockey League icons are the 2012 London Hockey's Men of Distinction.

This year's recipients are Jim Martin, founder of the London Devilettes girl's hockey program; Dick Howard, coach of the Thamesford Trojans, six-time Ontario Junior D champions; Tedd Bogal, the original timekeeper at the London Gardens; and player/referees Pete Schussler and the late Ted Froats. METRO



Hopping good fun at Children's Museum

Gabby Woods, 5, of London gets a high-five from the Easter Bunny Sunday during a visit to the Children's Museum (21 Wharnclyffe Rd. S.). The museum, one of the few local venues open all weekend, marked Easter with "egg-citing" science experiments, special crafts, games and an indoor egg hunt. ANGELA MULLINS/METRO

City experiments with online public forum

Not interested in sharing your thoughts for a penny? How about an iPad to sweeten the pot?

The city is offering just that to one lucky person who registers in the next few days for Roundt@ble — an online forum designed to gather feedback without calling a public meeting.

The virtual forum started in October and continues through May 11. The iPad — donated by TRY Recycling — is meant to spur a final leap of interest in the project.

So far, city officials like what they've seen: Nearly 700 people registered and provided 2,000 written submissions on 24 subjects tied largely to

The cost

\$20K

City's contribution to the Roundt@ble project. Remainder of funding came from the Federation of Canadian Municipalities.

the environment.

"What we're really finding is that people are taking the time to respond to thoughtful questions with thoughtful advice and comments," said Jay Stanford, the city's director of environmental programs and solid waste. "Personally, I've just not seen that kind of commentary coming in on environmental matters"

through traditional forms of feedback.

People registered for the roundtable are asked to respond periodically to questions that land in their inboxes.

The survey is part of the city's larger Rethink Energy project, which city officials hope will lead to more sustainable energy programs. But many suggestions made by participants are expected to be melded into other ongoing projects like a massive transportation master plan due later this year, Stanford said.

People can register at london.ca/roundtable.

ANGELA MULLINS/METRO

Hominick to keep it simple at UFC 145

Mixed-martial arts. Thamesford native looking to redeem himself after a tough seven-second knockout



JOHN MATISZ
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Mark Hominick has drawn a line in the sand. It separates his way of thinking inside the octagon from other parts of his life.

The weeks leading up to his featherweight bout versus Eddie Yagin April 21 at UFC 145 in Atlanta will become increasingly chaotic for the Thamesford native.

Interview requests — in the neighbourhood of a dozen on busy days — will keep rolling in. Training will naturally amp up too, as Hominick prepares to shrug off a two-match losing streak. At home, his nearly one-year-old daughter will continue to require plenty of attention as well.

Times are certainly busy for the Adrenaline Training Center co-owner. However, he believes a calm, relaxed state of mind within the octagon will play a key part in swinging his career back in the right direction.

"I'm not thinking about a title shot right now," Hominick, 29, said with a sense of



Mark Hominick, who trains out of his co-owned Adrenaline Training Center, poses in a fighting stance beside a banner displaying the face of his former coach, the late Shawn Tompkins. JOHN MATISZ/METRO

The match-up

Hominick (MMA 20-10)
vs
Yagin (MMA 15-5-1)

pride. "I just want to win and get back on the horse."

This one-step-at-a-time philosophy stems from a disappointing showing in his last UFC fight back in December. Being knocked out in seven seconds by Chan Sung-Jung was, as the 10-year veteran of the sport put it, a "wake-up call."

"It's almost like I wanted to win so badly that I fought out of character," the five-

foot-nine, 145-pounder said. "I came out so aggressively that I paid the price."

A four-inch height advantage over his upcoming opponent is something Hominick says he will try to leverage, especially since he thinks Yagin is an underrated competitor.

"The thing is, for Eddie, I almost feel bad for him," Hominick said. "He's very powerful and he's fought professionally longer than I have. But, if you don't fight in the UFC, most casual fans don't know who you are."

Jeff Curran, a 48-match veteran of MMA as a fighter, will be in his corner. Back in 2006, Curran took on the same role for Hominick's first-ever UFC fight.

Assault

Man chews into bar patron: Cops

London police say a man bit off part of another man's ear in a parking lot fight overnight.

The victim was taken to hospital for treatment. THE CANADIAN PRESS

Shooting

Third victim identified

Police have found another victim in last week's shooting at a rap concert after man with a gunshot wound showed up in hospital. Shots were fired Thursday night before Young Jeezy took the stage. THE CANADIAN PRESS

OHL playoffs. Spirit even series as Knights drop first game of post-season

Vincent Trocheck had a goal and two assists Sunday night as the Saginaw Spirit evened their best-of-seven Western Conference semifinal series with a 5-2 win over the London Knights.

Brandon Saad had a pair of goals for the Spirit, while Garrett Ross and Brandon Archibald also chipped in with singles. Austin Watson and Greg McKegg provided the offence for the Knights.

Saginaw's Jake Patterson only had to make 20 saves for the win, while London's Michael Houser stopped 27 of the 32 shots he faced.

Game 3 is Monday in London. Puck drop is 7 p.m. at

Knights draft

The London Knights' top-five draft picks from Saturday's OHL Priority Selection:

1. Liam Herbst, G, Mississauga Rebels
2. Alex Broadhurst, C, Green Bay Gamblers Jr. A
3. Owen MacDonald, C, Guelph
4. John Di Lorenzo, C, Southern Tier
5. Santino Centorame, D, Mississauga Rebels

the John Labatt Centre. METRO

Recovery. 20-year-old communicating after double-lung transplant



JOE LOFARO
Metro in Ottawa

Hélène Campbell is showing signs of recovery from her seven-hour double-lung transplant — spelling words and breathing a bit on her own, her mother tweeted Sunday.

The 20-year-old Barrhaven, Ont., woman who launched a powerful organ-donation awareness campaign after being diagnosed with advanced pulmonary fibrosis last summer underwent the double-lung transplant surgery Friday morning at the Toronto General Hospital.

On Sunday, her mother,

Survivor

"That gift of life is something that we will honour."

Alan Campbell, father of Hélène

Manon Roy Campbell, tweeted, "With an alphabetic board, Helene is spelling words to communicate when awake. She was doing some leg exercises while in bed this afternoon!"

In a previous tweet, Manon also said, "Helene continues to remain stable, she is able to do some breathing on her own but is still helped with the ventilator." **THE CANADIAN PRESS**

Hateful emails

Bible ban evokes threatening letters

A public school board's decision to ban distribution of Gideon Bibles to its young students has unleashed a torrent of threatening calls and hateful emails directed at trustees.

Some messages to the Bluewater District School Board express racist sentiment and question trustees' patriotism.

"Allowing newcomers to Canada the ability to walk all over our heritage has got to stop before they carry us into the realm of a warring nation like the one they often left behind," one email said.

THE CANADIAN PRESS

McGill student suing U.S. government for border interrogation

Lawsuit. Student's lawyers argue search was unconstitutional, but government says it has right to search at border without cause

A Montreal university student was detained at the U.S. border, held for several hours, interrogated, had his personal belongings searched and saw his computer confiscated for over a week.

What caught the authorities' attention? His doctoral research on Islamic studies, he says.

In a case that has attracted media attention in the U.S., Pascal Abidor has become embroiled in a drawn-out legal battle with the American government.

Abidor, a 28-year-old American and French dual citizen, was returning by train to Brook-



Pascal Abidor, an Islamic studies doctoral student at McGill University, poses at McGill in Montreal, Wednesday. Abidor was detained at the U.S. border and saw his computer confiscated for over a week. **GRAHAM HUGHES/THE CANADIAN PRESS**

lyn in May 2010 when a U.S. Customs and Border Protection agent stopped him at the border in Champlain, N.Y.

The agent turned on Abidor's computer and found photos of rallies by the Hamas militant group. He says he explained that he had downloaded them from Google as part of his McGill University doctoral dissertation on the modern history of

Shiites in Lebanon.

When Abidor's laptop was returned 11 days later, there was evidence that many of his personal files had been opened, he said. A federal judge heard arguments in July 2011 by the U.S. government for throwing out the lawsuit. The judge has yet to rule on whether he will dismiss the case.

THE CANADIAN PRESS

Escalating costs

Mackay knew of high costs of jets

Defence Minister Peter MacKay says he was aware two years ago that it would cost closer to \$25 billion to buy a new fleet of F-35 stealth fighter jets.

That's about \$10 billion more than the nearly \$15 billion the government has maintained would be the price of the 65 radar-evading aircraft.

MacKay was asked on CTV's Question Period whether he was aware of the higher internal number. He said the higher number takes into account the ongoing cost of pilots' salaries and other costs associated with operating the current fleet of CF-18 jet fighters.

"Yes, and it was explained to me just that way, that the additional \$10 billion was money that you could describe as sunk costs, that is what we're paying our personnel, and the fuel that is currently being expended in CF-18s, jet fuel, maintenance costs, what we are currently spending," MacKay said.

THE CANADIAN PRESS

Avalanche on world's highest battlefield

Kashmir region.

At least 135 soldiers and civilians missing at entrance to Siachen Glacier

Rescue workers used bulldozers Sunday to dig through huge banks of snow following a massive avalanche a day earlier in Siachen that engulfed a military complex and buried at least 135 people.

Most of the victims were soldiers.

The avalanche occurred in a mountain battleground close to the Indian border.

More than 24 hours after the disaster at the entrance to the Siachen Glacier, no bodies have yet been recovered, said military officials.

The accident, which is on the northern tip of the divided Kashmir region claimed by both India and Pakistan, highlighted the risks of deploying troops in one of the most inhospitable places on earth.

Troops have been posted at elevations of up to 6,700



Pakistan's army chief Gen. Ashfaq Parvez Kayani, centre, gestures during his visit to an avalanche site in Pakistan. **INTER SERVICES PUBLIC RELATIONS/AP PHOTO**

metres and have skirmished intermittently since 1947. The glacier is known as the world's highest battlefield.

The army said 240 troops and civilians worked at the scene Sunday with the aid of sniffer dogs and heavy ma-

chinery.

Pakistan and India have fought three wars since 1947; two have been over Kashmir.

Conflict there began in 1984 when India occupied the heights of the 78-kilometre long glacier, fearing

Pakistan wanted to claim the territory. Pakistan also deployed its troops. Both armies remain entrenched despite the ceasefire, costing the poverty-stricken countries many millions of dollars each year. **THE ASSOCIATED PRESS**

Tulsa arrests. Black community terrorized in spate of shootings

Police backed by a helicopter arrested two men early Sunday and said they would face murder charges in the recent shootings that terrorized Tulsa's black community.

Three people were killed and two others were critically wounded.

Police spokesman said the two men were arrested at a home just north of Tulsa about 2 a.m. Sunday and were expected to be charged with three counts of first-degree murder and two counts of shooting with intent to kill.

While police identified the men as white and all the victims are black, authorities have not described the shootings as racially motivated and declined to discuss that issue.

Community leaders, however, expressed concern about the motivation for the shootings on Tulsa's predominantly black north side, as well as the possibility that they would provoke a vigilante response.

The Rev. Warren Blakney Sr., president of the Tulsa chapter of the National Association for the Advancement of Colored People, a civil-rights organization, said that word of the arrests had provided a great sense of relief.

"The community once again can go about its busi-

ness without fear of there being a shooter on the streets on today, on Easter morning," he said.

Police said they linked the shootings because they happened about the same time and within a few kilometres of each other.

All five victims were out walking when they were shot. Four were found in yards, and one in the street.

Police have said they don't believe the victims knew one another. They identified the men in custody as Jake England, 19, and Alvin Watts, 32, but gave no hometowns for them.

Officers said they were taken early Sunday for questioning at a downtown Tulsa police station, where they would be booked and jailed.

Tulsa police Chief Chuck Jordan called the attacks vicious and cowardly. Police said they did not have a motive for the shootings.

Tulsa police had at least two dozen officers investigating the case, along with the FBI, the U.S. Marshals Service and other agencies.

After receiving a tip, police found the men at one spot and then followed them as they walked to another place about a half-mile away.

THE ASSOCIATED PRESS

Carney urges smarter development of natural resources

Exports. Natural-resource industry needs to ensure it is being paid global rates for its products, Bank of Canada governor says

Part of the solution to Canada's poor export performance lies with natural resources, but simply pumping oil out the door won't suffice, says the governor of the Bank of Canada.

Mark Carney recently chastised Canadian business for being trade laggards since the 2008 recession, saying they have not done enough to infiltrate growing markets.

Carney said opportunities in natural resources abound in Canada, but they need to be developed quickly, efficiently — and sustainably.

"These opportunities exist at a time when there are other opportunities in other jurisdic-



Bank of Canada Gov. Mark Carney
FRANK GUNN/THE CANADIAN PRESS

tions, other countries. So there is an element of competition here, and we need to be appropriately efficient in their development," Carney said in an interview with The Canadian Press.

Canadian business should count on commodities prices and the Canadian dollar staying relatively strong over the long term and calculate their costs and revenues accordingly, he

said.

"The scale of the natural resources opportunities are huge (and) should be developed in a sustainable way," he stressed, opting to use the term "sustainable" at a time when federal budget directives dropped the notion of sustainable development and replaced it with "responsible" exploitation of resources. **THE CANADIAN PRESS**

Pipeline. Aboriginals growing more dismayed with hearings process

The federal government's decision to put a cap on how long environmental-assessment hearings can drag on isn't expected to affect the Northern Gateway pipeline project, but aboriginal reaction to the change probably will.

Natural Resources Minister Joe Oliver says Ottawa isn't planning to fast-track the approval process for the proposed \$5.5-billion pipeline, despite his government's announcement in last month's budget they would limit project reviews to 24 months.

The Gateway assessment was always scheduled to be completed within that time frame.

But aboriginal leaders in British Columbia say they are becoming increasingly dismayed with the public-hearing process and are now seriously considering bypassing the hearings and heading straight to court.

Coastal First Nations spokesman Art Sterritt said the cancellation of a day and a half of scheduled review-panel hearings in the central

Panel process

- A three-member panel is assessing the environmental effects of the project and is reviewing the Enbridge application under both the Canadian Environmental Assessment Act and the National Energy Board Act.
- Under the act, the panel will decide if the project is in the public interest. It will assess its environmental effects and make recommendations to the Conservative government.

B.C. coastal community of Bella Bella last week signalled to many aboriginals that Ottawa has already heard enough from Northern Gateway's opponents.

"My guess is they are now going to try and shut it down by the fall," said Sterritt, whose organization is an alliance of about a dozen First Nations along B.C.'s north and central coasts and Haida Gwaii.

THE CANADIAN PRESS

Safety concerns

Ford recalls Focus vehicles

Ford is recalling more than 140,000 Focus compact cars because the passenger-side windshield wiper can fail.

U.S. federal-safety regulators say a seal in the wiper motor wiring may be missing. Water can get inside and cause the wiper to stop working, increasing the risk of a crash.

There are 19,062 Focus vehicles in Canada that are involved in the recall.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
100.62¢ US (+0.26¢)

TSX
12,103.11 (-75.55)

OIL
\$103.31 US (+\$1.84)

GOLD
\$1,630.10 US (+\$16)

Natural gas: \$2.089 US (-5.2¢)
Dow Jones: 13,060.14 (-14.61)

Contracts expire for thousands of AT&T workers



The AT&T logo is displayed on the side of the company's office in Springfield, Ill. **SETH PERLMAN/THE ASSOCIATED PRESS FILE**

TSX

Stocks face tough week amid faltering U.S. jobs market

The Toronto stock market faces an uphill struggle for gains this week after five straight weeks of losses, as traders focus on data showing the U.S. job market stalled last month and the start of the U.S. reporting season for first-quarter earnings.

The U.S. Labour Department reported Friday that job

gains came in at 120,000 during March, down from more than 200,000 in each of the previous three months.

"It was disappointing — it was the weakest in a number of months, but there are still jobs being created," said Jennifer Lee, senior economist at BMO Capital Market. "Expectations were riding really high ahead of this number because of all the positive indicators that we have seen lately."

Reports last week showed the service sector expanded at a healthy clip in March and increased hiring while a survey by payroll firm ADP said

About 40,000 AT&T landline workers will stay on the job this week without a contract, their union said Sunday.

The workers' contracts expired over the weekend, raising the possibility of a strike. But the Communications Workers of America and AT&T said that they'll keep working on a new deal.

CWA spokeswoman Candice Johnson said union representatives met with AT&T on Sunday after talks ended late on Saturday. She doesn't know how long it will take to reach an agreement.

"Everyone wants to get this done soon," Johnson said.

The employees, meanwhile, will continue to receive the same wages and benefits as

before. If negotiations break down, they still have the option to call for a walkout.

AT&T spokesman Marty Richter also said talks were ongoing. He said earlier that the company has been planning for the possibility for a strike for two years, and managers and vendors will step in to keep ser-

vice running if there is one.

At issue in the negotiations are job-protection clauses and health-care premiums and co-payments. AT&T says it wants employees to shoulder more of their growing health-care costs and more leeway to downsize its shrinking landline operations.

Some of its workers have contracts that guarantee them job offers at different parts of the company if they're laid off.

Union organizers point to the overall financial health of the company, which posted a profit of \$4 billion US for last year.

THE ASSOCIATED PRESS

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WOMAN TAKES TO THE WEB TO RAISE AUTISM AWARENESS



URBAN COMPASS
Todd Devlin
london@metronews.ca

By day, Julie Fredin works as a graphic designer in the city. But by night, much of her life revolves around autism — in her role as a mother and as a supporter to other parents and

families whose lives are affected by the disorder.

When her son was diagnosed with autism more than four years ago, Fredin says she had little to no understanding of it.

But she took comfort in hearing other people's stories. Now, armed with a great deal of knowledge and her own experiences, she is trying to help others.

"I have the confidence to share my story and I hope that, if maybe someone is just finding out about autism in their family, they can find some comfort in knowing they are not alone," said Fredin, whose son will turn six this summer.

Using her graphic-design skills, Fredin created a website called Learning to Have Hope, the goal of which is to share information and connect those families looking for support. The site has a forum, a blog, links to news articles and information on upcoming autism events.

One such event is London's Walk Now for Autism Speaks, which will be held this year on June 10 at Victoria Park.

The second annual event brings together in one place the largest gathering of the autism community in London.

The day will include a walk, games and other entertainment, a guest speaker, and the opportunity to learn more about autism.

Fredin, who is on the committee for this year's event, says learning as much as possible is extremely important for parents.

"Becoming more knowledgeable opened my eyes about how different the supports need to be for each family, and how much all

children can make progress given the proper supports," she said.

The event will also raise money to fund vital research, as well as provide support services for families.

In 2010, Autism Speaks funded more than \$9 million in Canadian research, and this past December the organization awarded grants topping \$569,000 to 26 community organizations in eight provinces.

That type of financial assistance couldn't come at a more important time. According to Autism Speaks Canada, autism is among the fastest-growing serious developmental disorders among children in North America, and rates of diagnosis have increased an astounding 600 per cent in the last 20 years. Today, as many as one out of 110 children is diagnosed with autism.

"No matter how little someone knows about autism, I am sure if they look hard enough they will know someone affected," Fredin said. "And I think the best thing you can do is educate yourself and your children about autism and teach them not to judge others."

Before the Walk Now event on June 10, Autism Speaks will hold a kick-off gathering next Saturday, April 14, at Rainbow Cinemas.

The day will include breakfast, a guest speaker and an awards presentation honouring last year's walk teams and volunteers, as well as a free screening of Dr. Seuss' *The Lorax*.

To learn more, visit events.autismspeaks.ca/london.

Retracing Titanic's path

All aboard

Cruise recreates experience 100 years later

Mary Beth Crocker Dearing and her husband Tom Dearing from Newport, Ky., pose for the media in period costume as they wait to board the MS Balmoral cruise ship in Southampton, England, on Sunday.

Nearly 100 years after the Titanic went down, a cruise with the same number of passengers aboard set sail to retrace the ship's voyage, including a visit to the location where it sank. The Titanic Memorial Cruise departed Sunday from Southampton, where the Titanic left on its maiden voyage. Organizers are trying to recreate the on-board experience minus the disaster from the food to a band playing music from that era. **THE ASSOCIATED PRESS**



ALASTAIR GRANT/THE ASSOCIATED PRESS



A mockup of a first-class dining table from the Titanic is seen in the check-in area for the MS Balmoral Titanic memorial cruise.

ALASTAIR GRANT/THE ASSOCIATED PRESS

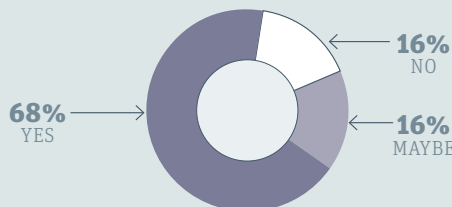


An original Titanic menu from April 10, 1912, has recently been sold for \$122,000 US as part of a unique exhibition on display at Belfast City Hall, Northern Ireland. **PETER MORRISON/THE ASSOCIATED PRESS**



Register at metropolitanpanel.ca and take the quick poll

Are you going to make the tax deadline?



Twitter

@annecannie:

heading to #LdnOnt to have dinner with family!! YEAH!

@WX_SpencerSills:

Random power flash in south #Ldnont

@erinbrown_:

Driving back to Londo in the morning with Dad and his brother!! Should be a fun ride w/ crazy fam! #WesternU

@JenPTin:

I just realised there are 2 more weeks left for me at #WesternU until summer starts!

@PattiMumaCook:

What a week! 48 hr film challenge and rehearsals! 'Three Sisters' by Chekhov opens next week! #Fanshawe

@jo_mAmA:

Today is a perfect stay in your jammies, bake and eat chocolate kind of day.



Our Lady Peace released their latest album, *Curve*, last week. AARON VINCENT ELKAIM/THE CANADIAN PRESS

Our Lady Peace had a clumsy path to new disc

Transformation. Band came to the brink of a breakup before enlisting the help of a new producer who helped them push their sound forward

The past decade hasn't been an entirely peaceful time for Our Lady Peace.

Frontman Raine Maida concedes that diminishing record sales, a hobbled industry and an occasional feeling of creative aimlessness brought the Toronto band closer to the brink of a breakup than they've otherwise been in nearly 20 years of playing together. But Maida says the alt-rock quartet stayed united

Toughing it out

"I think we all really knew in our hearts we hadn't got there yet."

Our Lady Peace frontman Raine Maida on the band sticking together through tough times so they could put out their latest album, *Curve*.

in large part because they could sense a creative breakthrough was around the corner, and he feels they've found it with new disc, *Curve*. "I think the last 10 years were probably the most tumultuous, and we never broke up because even when we were really on the cusp of it — of walking away from this — because we hadn't made this record," Maida said during a recent interview in Toronto. "I think we all really knew in our hearts we hadn't got there yet."

The transformative process began the first time the band

got into a room with producer Jason Lader (known for helming discs by Maroon 5, Rilo Kiley and Elvis Costello), who was blunt in summing up his thoughts on some of the material the band was working with at the time.

And Maida said it was crude candour, not tact, that the band needed. "It's like when you're in a relationship for a long time with someone — it gets harder and harder to pull the right things out of people," he said. "I can only push Jeremy (Taggart) so hard as a drummer and he's

only going to say certain things to me as a lyricist ... it's all baby steps. But then we brought Jason in and it's like no baby steps. No filter. 'This sucks. You guys don't listen to this kind of music, why would you make a record like this? Let's challenge you.'"

For Maida, the process meant revisiting records that inspired him — early Peter Dinklage and David Bowie — to draw inspiration. The band pushed to find deeper grooves, unusual rhythms and new textures, adding keyboards (or guitars that sounded like keyboards) and new vocal wrinkles to subtly tweak their sound.

It was important to Maida that the band not stray too far from their traditional sound, but instead push it forward.

Largely, the new tunes

sound a little subtler, a little funkier. The supple *Window Seat* slowly heats to a boil, *Fire* in the Hen House dances atop a nimble bassline while album-closer *Mettle* mixes spoken-word recordings over delicately plucked guitar strings.

The recordings in question came from conversations conducted with 74-year-old Canadian boxing legend George Chuvalo. Maida — a lifelong fan of boxing and mixed martial arts — went to Chuvalo's home with a tape recorder to talk about the boxer's life, which was racked with hardship. Chuvalo lost three of his sons to suicide or addiction and his first wife also took her own life. "There's so much depth to George," Maida said. "He's a fighter in and out of the ring."

THE CANADIAN PRESS

2

SCENE

Box office

Easter feast for Hunger Games

Film fans are still forking over for *The Hunger Games*, which has taken in \$33.5 million to lead the box office for a third-straight weekend. According to studio estimates Sunday, *The Hunger Games* raised its domestic total to \$302.8 million. It easily out-earned two returning favourites, the *American Pie* sequel *American Reunion* and a 3D version of the blockbuster *Titanic*. Both newcomers opened solidly, though. *American Reunion* pulled in \$21.5 million, the lowest haul since the 1999 original but still a decent return for a comedy franchise whose last chapter came nine years ago. *Titanic* in 3D reeled in \$17.4 million over the weekend, raising its domestic take to \$25.7 million since opening Wednesday.

THE ASSOCIATED PRESS

On the web



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Heidi Klum

Stick a fork in it: Klum and Seal are done

There goes any hope for a reconciliation: Three months after announcing their separation, Heidi Klum has officially filed divorce papers against husband Seal in California, citing "irreconcilable differences," according to TMZ. The couple's prenuptial agreement reportedly ensures they'll retain separate property and assets, and Klum is seeking primary custody of the couple's four children, with visitation rights for Seal.

Will Hunger Games director helm the sequel?

After introducing the blockbuster franchise, director Gary Ross will reportedly not be returning to helm the second Hunger Games film, according to the Playlist.

Ross and the franchise's studio, Lionsgate, were involved in a "tough" back and forth over the deal for Catching Fire, the second install-

ment in Suzanne Collins' book series. Ross was reportedly paid \$3 million for the first film, plus five per cent of its profits. Deadline's Nikki Finke, however, insists the reports are premature, and that Ross has been on vacation with his family while the news of his walking away from the franchise has spread.

Twitter



@SethMacFarlane

This country is so asleep it's kind of a shock that the rest of the world doesn't write on us.



@SteveMartinToGo

I thought yesterday was the first day of the rest of my life but it turns out today is.



@MissKellyO

I love it when my Dad calls me up just for a chat!



@ri.hanna

If u love something let it go...if it doesn't come back, hunt it down and kill it



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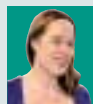
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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Amanda Bynes arrested for DUI



THE WORD

Dorothy Robinson
scene@metronews.ca

Nickelodeon star Amanda Bynes, 26, showed she isn't that innocent by pulling a very Lohan-esque move over the weekend: She drunkenly careened into a police car in the wee hours of Friday morning.

According to People magazine, the Hairspray actress was arrested for driving under the influence in Los Angeles after colliding with a police car at around 3 a.m. on Friday, after partying at L.A.'s Greystone Manor Club.

"A Los Angeles County Sheriff's Deputy in a marked black and white radio car was stopped at the intersection of ... Robertson Boulevard and Santa Monica Boulevard preparing to turn right onto Santa Monica Boulevard when a black BMW driven by actress Amanda Bynes attempted to pass the right of the radio car, colliding with the right rear quarter panel of the radio car," the West Hollywood Sheriff's office said in a statement.

"There was minor paint transfer damage to both



vehicles. Amanda Bynes was subsequently arrested for driving under the influence and booked at West Hollywood Sheriff's Station."

The actress sported pink-highlighted hair in her mug shot, and after posting \$5,000 for bail, she was spotted the next day in the same leg-baring outfit to retrieve her BMW from an impound lot, according to TMZ.

Look on the bright side, Bynes: The "I'm not drunk. I'm just kinda over it and bored" face you're trying to work in your booking photo is some of the best acting work you've done in years.



Britney Spears ALL PHOTOS GETTY IMAGES

Jason Trawick to share legal control over Britney Spears

Poor Britney Spears. Sure, she's a famous millionaire, has two cute kids (we can overlook for a moment with whom she had them), and a killer body.

But she's still apparently incapable of looking after her own affairs.

It was announced over the weekend that her fiancé, Jason Trawick, has reportedly filed a petition to be added as one of her conservators, according to E! News.

If approved, Trawick would be in charge of Spears' general well-being, while the singer's father would still be in charge of her multimillion-dollar fortune. Per People, a conservator like Trawick has the legal authority to make decisions over a person's food, clothing and medical care.

Since 2008, Spears' father has held legal control over her, her career, and her fortune after the singer suffered a psychological breakdown.

Sad. Usually you hope a marriage will be an equal partnership in all affairs, but it seems like Spears, 30, is still so medicated/sick that she's incapable of self-sufficiency. This is what America does to its famous young women. Amanda Bynes, take note.

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After 11 years of marriage, Brian and Kathryn Quinn renewed their wedding vows. DEANNA FENECH/ THE ASSOCIATED PRESS

Walk down the aisle faithfully (again)

Vow renewal. Saying, 'I do' a second (or third) time reminds couples of how far they have come

Kathryn Quinn of East Lansing, Mich., is approaching her 11-year anniversary. She and her husband recently renewed their vows on a trip to the Virgin Islands.

"I'm so glad we did it," she said. "This was our first trip away from our children. It was at a beautiful location. The vow renewal was meaningful, and gave us a chance away from our daily life to really celebrate our time together and be grateful for our relationship."

Recommitting to a relationship through vow renewals is becoming more popular, said Susan Southerland, president of Just Marry!, Inc. wedding planners in Orlando.

"In the last three to five years, they've become extremely popular. We've always done one or two throughout the year, but all of a sudden it's become a huge request."

Popularity

"In the last three to five years, they've become extremely popular."

Susan Southerland, president of Just Marry!, Inc. wedding planners on the increasing popularity of vow-renewal ceremonies

Winifred Brunston of Lancaster, Calif., lost her husband last year. She enjoys looking back to their 35th anniversary, in 2004, when they renewed their vows in the same small church where they got married.

Brunston feels marriage vows mean more over the years because "it lets the spouse know you still love them enough to marry them again."

Anja Winikka, editor of the wedding TheKnot.com, believes one reason for the spike of interest in vow renewals is that some celebrity couples have done it.

Tori Spelling and Dean McDermott filmed their vow renewal for their reality TV show. Holly Robinson Peete tweeted photos after she and former NFL quarterback Rodney Peete recently celebrated their 17-year anniversary by renewing their vows on top of the Empire

State Building in New York. Mariah Carey and Nick Cannon are the most consistent; they renew their vows every year.

"You hear about it, and just like any trends in the wedding industry and in decor and fashion, celebrities certainly do influence us in that way," says Winikka.

Southerland says she recently helped a couple who renew their vows every year. "It's always a surprise, and the husband plans it," she said.

Whether you renew your vows annually or just once, in a small ceremony or as part of a vacation, the cost of saying "I do — again" can vary.

"You can do something that's very simple, that's just the husband and wife standing up with a photographer, and that can be less than \$1,000. Or you can do something where you've invited a bunch of



Mariah Carey and Nick Cannon renew their vows each year. CHRIS PIZZELLO, FILE/ THE ASSOCIATED PRESS

people. I've had people spend upwards of 50 or 60 thousand," Southerland said.

And even a do-over bride can turn into a Bridezilla, she says. "That still is personality-driven, which kind of makes me chuckle," she said. "I'm thinking, 'Wow, you've known this guy for a long time. What's there to be nervous about?' Others are more laid-back. But you still have some very nervous brides."

THE ASSOCIATED PRESS

The Web

When kids google you



While I'm proud to be a mommy blogger, I recently found myself in a position where I actually thought, "I think I may have to stop writing about motherhood." This was thanks to Google. Or rather, thanks to my daughter, who recently learned what Google search is and how to use it.

It started when, inspired by her future stepsisters who told her dolls cannot talk, she Google searched "Are stuffed animals real?" One of the things that came up was a post I had written about how my daughter freaked out when she took Ellie (her stuffed animal) into a pool and poor Ellie drowned. (Of course I gave Ellie mouth-to-mouth and she was fine.)

She read the piece. Then: Tears. Lots and lots of tears. "Why did you write that?" my daughter asked, crying, as the truth sunk in. My heart broke.

But she was hooked. Another night, I found she had Google searched me, via "Google Image," to show some new friends. What she pulled up were photos of me lying sexily in lingerie that went along with a story I did about boudoir photography. The good news is I look damn good. The bad news is I didn't really want strangers (especially little children) looking at me in lingerie.

At home, I don't allow my daughter to be on a computer. She doesn't have her own, and she knows that she is not to touch mine, under any circumstances. But this year at school, sometimes her homework is to Google search people who are coming into her class to speak. I'm at her side when she does this, but along with iPads, and computers at other people's homes, I can't really control her use.

No matter how open and close I am with my daughter, I just know I'll have a lot of explaining to do one day thanks to all my writing about her. I'm trying to look at the positives, and there is only one thing I can come up with. I've never had a sex tape leaked. And I never plan to film a sex tape. And, I suppose, I'm glad she can...read?

REBECCA ECKLER, MOMMYISH.COM

3

LIFE

Casting Call

Say Cheese for Gap

Gap is looking for the next faces of BabyGap and GapKids.

Up to five photos and a description of babies ages four and under or kids ages five to 12 can be posted at gap.com/castingcall between April 2 and 22.

Winners will receive a \$1,000 gift card to Gap and a \$10,000 donation made in their name to Communities in Schools, a Canadian NFP helping kids to stay in school.

DELIA MACPHERSON, METRO

On the Web



Divorce expo a low-key counterpoint to multi-million-dollar wedding industry

Upgrade these casual bites



This recipe serves two to four. THE CANADIAN PRESS H/O

Chicken Fingers. Kids will love dipping these bites into the Caesar Mayonnaise

These chicken fingers will make a perfect weeknight supper. Children love them, so you will have an enthusiastic audience, and the adults in the crowd will appreciate

them as well.

The chicken fingers have a kicked-up crust and tasty Caesar dipping sauce to serve them up with.

Toss in some chopped romaine lettuce for a new twist for your next Chicken Caesar Salad.

1. Cut chicken into strips and dredge in flour. Coat chicken with mayonnaise.
2. In a shallow dish, mix

together breadcrumbs, rind, cajun spice, garlic powder, salt and pepper; toss chicken in mixture to coat evenly.

3. Place chicken strips on a parchment paper lined baking sheet. Bake in 200 C (400 F) oven for about 25 minutes, turning them halfway or until no longer pink inside. Serve with Caesar Mayonnaise.
4. Caesar Mayonnaise: In a

Ingredients

- 2 boneless, skinless chicken breasts
- 125 ml (1/2 cup) whole wheat flour
- 125 ml (1/2 cup) mayonnaise
- 250 ml (1 cup) whole-wheat or panko breadcrumbs
- 10 mL (2 tsp) grated lemon rind
- 5 mL (1 tsp) cajun spice
- 2 mL (1/2 tsp) garlic powder
- Pinch each salt and freshly ground pepper

Caesar Mayonnaise

- 125 ml (1/2 cup) mayonnaise
- 30 mL (2 tbsp) freshly grated Parmesan cheese
- 15 mL (1 tbsp) chopped fresh parsley
- 5 mL (1 tsp) chopped capers
- 5 mL (1 tsp) grated lemon rind
- 5 mL (1 tsp) lemon juice
- Pinch each salt and pepper

bowl, whisk together mayonnaise, cheese, parsley, capers, lemon rind and juice, salt and pepper.

THE CANADIAN PRESS/ HELLMAN'S/
ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, TV CELEBRITY CHEF. FOR MORE VISIT EMILYRICHARDSCOOK.CA.)

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Red Lobster is a seafood favourite for many families thanks to its seemingly endless options. Just be careful what part of the menu you're ordering from.

Admiral's Feast

1,280 calories/ 73 g fat/ 4,300 mg sodium

This is no feast if you're watching your weight. Most of the dish is deep fried, accounting for a day's worth of calories and fat, and three days of sodium.



Equivalent

One Admiral's Feast is like eating five Arby's roast beef sandwiches in fat.



Ultimate Feast

600 calories/ 28 g fat/ 3,660 mg sodium

A much better choice since you're getting virtually all steamed seafood, including lobster, shrimp and crab legs, is the Ultimate Feast.



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Ontario



Dust off that grill for tasty Hot Dogs with Chili

A spiced up and smoky chili atop a hot dog can sure hit the spot on a semi-warm spring night. It's also a great way to fire up the grill in preparation of warmer evenings ahead.

If there is no time to make the chili before your dinner guests arrive or before the kids come back from their

extracurricular activities, be sure to use some leftovers you have in the fridge to jazz up your dog.

Some favourites are onions, sauerkraut, pickles, and relish but you can also add cheese and unique ingredients like avocado.

1. In a large skillet over medium heat, heat the two slices of bacon and half of the onion, stirring occasionally for about 5 minutes or until the bacon is crisp and browned. Add the jalapeno pepper and minced garlic and cook for about 1 minute. Add the ground sirloin and cook stirring and breaking up the meat with the side of a spoon, for about 5 minutes.

2. Add the chipotle chili, paprika, cumin and salt and mix well. Stir in the tomato sauce and beer; bring everything to a simmer. Reduce the heat to medium-low and simmer, stirring occasionally, for about 10 minutes or until liquid thickens; keep warm.

3. Prepare your grill for direct and indirect cooking over medium heat, 180 to 230 C (350 to 450 F).



This recipe serves eight. THE CANADIAN PRESS H/O

4. Cut a few shallow slashes in each hot dog. Wrap the hot dog buns in a foil packet.

5. Grill the hot dogs over the direct medium heat, with the lid closed as much as possible, turning occasionally for 5 to 7 minutes or until the hot dogs are lightly marked on the outside and hot all the way to the centre.

6. During the last 3 minutes of grilling time, warm

the packet containing the hot dog buns over indirect medium heat.

7. Place the hot dogs in the buns. Top each one with chili, cheese and remaining chopped onion. Serve warm. WEBER'S TIME TO GRILL BY JAMIE PURVIANCE/ THE CANADIAN PRESS/ THIS RECIPE WAS ADAPTED FOR METRO NEWS BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE VISIT, EMILYRICHARDSCOOK.CA)



Intelligent water pumps can result in significant cost savings — and help the environment. ISTOCK IMAGES

Getting water into your glass might be more costly than you think

Water pumps. Old, inefficient technology hurts the environment and wastes money

BEN KNIGHT
life@metronews.ca

Water is heavy. And it wants to move in one direction: down.

Human civilization needs water to go up — to the top floors of houses, office blocks, schools, apartment buildings and skyscrapers.

That takes an enormous amount of energy. Studies show about 18.5 per cent of all electrical power is expended moving water — and much of it is being wasted.

So says Jes Munk Hansen, North American president of Grundfos, the world's largest producer of water pumps.

"If you go into a hotel or school or bank and look at their mechanical room, you will see electric pumps that are typically quite old — technology from the '50s and

Wasted power

18.5%

The approximate percentage of all the electrical power produced on Earth that is consumed by water pumps.

sometimes earlier," he says.

"These pumps are not only inefficient by themselves, they basically run all the time because they don't have intelligence to tell them when to run. It's as silly as leaving your car engine running all night."

Hansen says this is a problem that actually feeds on itself. We need energy to move water, and water is essential to producing energy.

"What makes our pumps special is that the motors have added software and electronics. (We make) intelligent pumps that only consume the energy they absolutely need to."

It's a problem most of us aren't even aware of. Hansen says a significant part of his company's work is simply educating landlords that this huge, expensive problem exists in the first place.

Reducing consumption

Hansen says the bigger a nation's economy, the more energy is consumed pumping water. He also says Europe is a decade ahead of North America in addressing it.

- "There are technologies available today that can solve this," he says. "Consumers can save on their utility bills, the local municipalities and utility companies can reduce their resource consumption, and we make good business out of this. This is also about creating new green jobs."

The potential savings are staggering. "If the starting point is that almost 20 per cent of all electricity is consumed by water pumps, imagine if we can take out ... a quarter of that," says Hansen. "That would be an enormous amount, the equivalent of many, many power plants — many nuclear plants."

Queen of Green

The green way to clean stainless steel



QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

What's a non-toxic cleaner for stainless-steel appliances like my fridge?
Eileen, Ottawa

Did you know Canadians spend more than \$275 million a year on household cleaning products?

We buy these products to fight germs, streaks, stains and odours to keep our homes sparkling clean. But despite what the TV commercials tell us, we don't need a separate stainless steel cleaner, floor cleaner, tub and tile cleaner and counter cleaner. Save your money and simplify!

Choose the smallest num-

ber of eco-friendly, multi-purpose products that will help achieve your household cleaning goals. Speaking of simple, the best way to clean streaks, smears and smudges from stainless-steel appliances is to use food-grade cleaning ingredients — white vinegar and olive oil.

Step one: dampen a rag with plain olive oil. Then, wipe the surface of your stainless steel fridge. Step two: flip the same rag over

and pour enough white vinegar to dampen. Now, wipe the stainless steel surface a second time — don't forget the fridge door handle.

Olive oil is great for lifting dirt. It also makes a great floor and furniture polish when you add a splash of lemon juice and a squirt of vinegar. And white vinegar will cut grease, deodorize and disinfect.

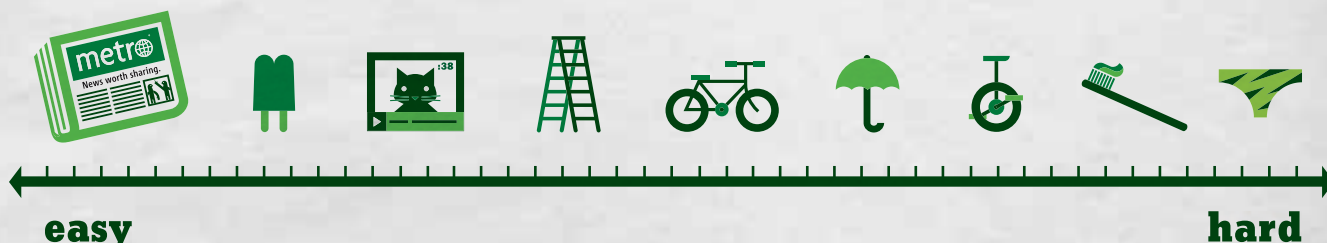
In the midst of a home-cleaning product detox? Take our survey at

Use olive oil and vinegar to clean streaks and smears. ISTOCK IMAGES

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make eco-friendlier choices. **FOR MORE QUEEN OF GREEN VISIT** DAVIDSUZUKI.ORG/GREENLIVING

Sharability



Feeling confined to your office cubicle? Beware of work burnout

Down at your desk.

Study finds workers who feel obligated to stay with their company more likely to experience stress.

Whether you feel a sense of obligation about your work or are staying on the job because you don't see an alternative, new research suggests the end result for employees could be the same: burnout.

According to Montreal researchers, the decision to stick with your company — whether by choice or because of slim pickings in the job market — can lead to emotional exhaustion, a chronic state of physical and mental depletion resulting from continuous stress and excessive job demands.

The study was conducted

But why?

"It may be that, in the absence of an emotional bond with the organization, commitment based on obligation is experienced as a kind of indebtedness — a loss of autonomy that is emotionally draining over time."

Alexandra Panaccio, assistant professor, Concordia University

by Concordia University, Université de Montreal and HEC Montreal. The findings were published in the journal Human Relations.

Concordia assistant professor and study co-author Alexandra Panaccio and her colleagues surveyed 260 workers from various industries, including information



If you're feeling on the verge of a complete burnout, you may want to examine how attached you are to your current career. ISTOCK

technology, health services, engineering and architecture.

ture.

Among participants — aged 34 on average — 33 per cent held managerial positions, while 50 per cent worked in the public sector.

The study found that people who stay in their organizations because they feel an obligation toward their employer are more likely to experience burnout.

A similar effect can also be seen among workers who stay the course because they don't see alternatives for employment outside their current organizations.

Researchers also measured various types of organizational commitments, like whether employees identified with a company's goals and values and whether they felt an obligation to stay.

"It may be that, in the absence of an emotional bond with the organization, commitment based on obligation is experienced as a kind of indebtedness — a loss of autonomy that is emotionally draining over time," said Panaccio in a release.

THE CANADIAN PRESS

When feeling good feels bad

Researchers also observed that individuals with high self-esteem are most affected by a perceived lack of employment alternatives.

- The result is possibly because that perception is inconsistent with their self-view as important and competent people.

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On the shelf



1501 Ways to Reward Employees

A revamped and overhauled version of his former book 1001 Ways to Reward Employees, Bob Nelson authors a hands-on, how-to guide on motivating and rewarding employees in the trickiest work environments.

DELIA MACPHERSON

Hockey

Canada gets first win over Finns

Canada bounced back at the women's world hockey championship on Sunday with a 3-2 win over Finland in Vermont.

Laura Fortino, Caroline Ouellette and Gillian Apps scored for Canada, while goaltender Shannon Szabados made 14 saves for the win.

Venla Hovi scored short-handed and Saija Tarkki also scored for the Finns.

Canada is 1-1 in the tournament after opening with a 9-2 loss to the host U.S. **THE CANADIAN PRESS**

English Premier League

United closes in on title with win

Manchester United closed in on a 20th English championship title on Sunday after Wayne Rooney and Paul Scholes scored in a 2-0 victory over 10-man Queens Park Rangers and title rival Manchester City lost at Arsenal.

With six rounds to go, an eighth straight league win put United eight points clear of City, which lost 1-0.

THE ASSOCIATED PRESS

NBA

Lin feeling good but still expects to miss Round 1

Knicks guard Jeremy Lin said Sunday he feels "pretty good" after knee surgery but doesn't think he could make it back for the first round of the playoffs.

"I think unless something goes really well, I wouldn't get there," Lin said before the Knicks played the Chicago Bulls. **THE ASSOCIATED PRESS**



Bubba Watson celebrates his win on the second playoff hole on Sunday in Augusta, Ga. ANDREW REDINGTON/GETTY IMAGES

Bubba brilliant with Masters on the line

Golf. Watson makes remarkable shot from trees on playoff hole to secure green jacket

Quoted

"He hit an unbelievable shot there.... This is not one I felt like I played badly. Great stuff to him. He deserves it."

Louis Oosthuizen after losing in a final-round playoff to Bubba Watson at the Masters.

Trapped in the trees, Bubba Watson had no chance. Good thing he's one of those guys who never hits the ball straight.

Unable to even see the green from where he was standing, Watson curled a shot from out of the pine straw and safely onto the 10th green to win the Masters on the second hole of a playoff Sunday over Louis Oosthuizen.

Watson won his first major and sobbed hard, his shoulders heaving, as he embraced his mother on the 10th green. He won by hitting a wedge shot, one that may have trumped the historic double-eagle 2 that Oosthuizen dropped in on the second green to take the lead early in the final round.

Both players finished regulation at 10-under 278. Watson

played the second playoff hole in par to win by one shot.

"I was there earlier today, during regulation," he said. "So I was used to it. I knew what I was facing there. I had a good lie, had a gap where I had to hook it 40 yards or something. I'm pretty good at hooking it."

And that's how Gerry (Bubba) Watson found himself wearing a green jacket.

After missing a 10-foot putt that would have won it on the 18th green in the first playoff hole, Watson pushed his tee shot on No. 10 so far right, it was actually behind the gallery.

No punching it out on this day. He lined it up, curved it in and when Oosthuizen couldn't get up and down from in front of the green after his own errant drive, Watson simply had to two-putt to capture the title.

He almost made the first, missing only by a few inches. Watson held out his hand to playfully calm down the crowd, then tapped it in and the tears started flowing immediately.

THE ASSOCIATED PRESS

Curling. Howard back on top of the world

Canada's Glenn Howard defeated Scotland's Tom Brewster 8-7 to win the gold medal Sunday at the world men's curling championship.

Howard made a draw to the button in the extra end for the victory in Basel, Switzerland.

"Surreal is the best word I can come up with," Ontario's Howard said. "I can't believe we actually pulled this thing off."

Brewster had a chance to win it in the 10th end but his stone slid out and he settled for one.

In the extra end, Canada lead Craig Savill hit two nice

ticks and teammates Brent Laing and Wayne Middaugh came through with the necessary takeouts to set up Howard's winning throw.

"It's for the world championship and there's a lot on the line but Glenn makes it 99 times out of 100," Middaugh said. "That's why he's throwing the last puck and there's nobody better to have doing it."

It was the second straight year that Brewster had to settle for silver. He lost to Manitoba's Jeff Stoughton in last year's final in Regina.

THE CANADIAN PRESS

Winning history

Glenn Howard's previous world championship wins came in 1987, 1993 and 2007.

- Sunday's victory was Canada's 34th world championship since the first event in 1959.
- Sweden won bronze earlier Sunday as Sebastian Kraupp defeated Norway's Thomas Ulsrud 9-8.



Canadian skip Glenn Howard celebrates with third Wayne Middaugh after winning the men's world curling title on Sunday. HO-MICHAEL BURNS/THE CANADIAN PRESS

4

SPORTS

Quoted

"The bar has got to go up and we have to raise it. I was real patient this year, which was real good for me and I think it was good for the team.... I'll be less patient next year."

Winnipeg Jets head coach Claude Noel on Sunday after a season-ending 4-3 loss to the Tampa Bay Lightning in overtime on Saturday night.

The Jets, who played as the Atlanta Thrashers last season, finished 22nd in the NHL at 37-35-10 and missed the playoffs — again. The franchise made only one playoff appearance in 12 seasons in Atlanta, bowing out in the first round in 2007 to the New York Rangers.

Reborn as the Jets, the team played to packed houses at every home game at the MTS Centre, made more money for their owners than expected and certainly don't have to worry about fan support next season.

On the web



The Pittsburgh Penguins and Philadelphia Flyers kick off the NHL playoffs on Wednesday and the animosity between the long-time rivals has only increased over the past week. The war of words continued Sunday and Flyers forward Scott Hartnell says he expects a "bloodbath" when the first-round series gets underway. Scan the code for the story.



The Indians' Jason Donald slides under the legs of Yonel Escobar to steal second in the eighth inning Sunday in Cleveland. AMY SANCETTA/THE ASSOCIATED PRESS

Tribe's Santana prevents Jays sweep

MLB. Cleveland catcher hits pair of homers on 26th birthday en route to win in finale of opening series

It's hard to interpret whether winning two out of three on the road in the opening series versus the Indians is a sign of good things to come for the Blue Jays because of the great work of the bullpen, or is a sign they may struggle offensively because of their early innings scoring woes.

After mounting another late-inning rally, this one falling just short in the ninth inning of Sunday's 4-3 loss, will this be the Jays team that scored 14 of their 17 runs from the seventh inning on while pulling out two dramatic wins in extra innings, or is it the team that was shut down by the Tribe's start-

Sunday's game	
4	3
Indians	Blue Jays

ing pitchers, managing three earned runs and only eight hits in 22 innings, combined?

The Jays were tenacious and fortunate.

"In some ways, yeah," Jays manager John Farrell agreed. "We ran up against some very good starting pitching in this series."

"They worked deep in the game, they worked quick, they put the ball on the ground, they got key strikeouts in some spots, but setting aside falling behind early in the game, this is a team that plays right to the last out, which is very consistent with what we did a year

- Sent down**
- The Jays optioned Joel Carreno to Triple-A Las Vegas after the loss.
 - Manager John Farrell said Aaron Laffey will be called up from Las Vegas and will be used out of the bullpen. Toronto won't need a fifth starter until April 21.

ago."

Jays starter Joel Carreno allowed a pair of home runs to catcher Carlos Santana during his 97-pitch, six-inning outing.

The Jays battled back again late in the contest in their final two at-bats, with Jose Bautista popping up with the bases loaded to end the game.

The Jays return to the Rogers Centre for a sold-out home opener on Monday.

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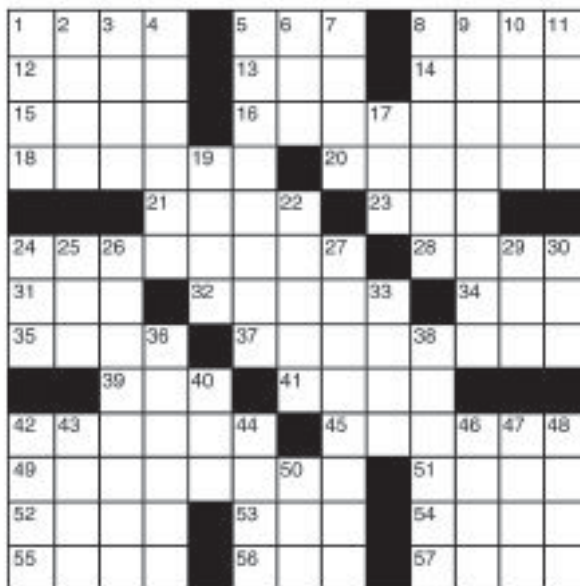
Crossword

Across

- 1 Mediocre
- 5 Sibling, for short
- 8 Low voice
- 12 Chew the fat
- 13 Young fellow
- 14 Engaged with
- 15 "— She Sweet?"
- 16 Pyrenees dweller
- 18 Tile art
- 20 Glosses
- 21 Stir-fry pans
- 23 More, to Manuel
- 24 Moderately slow melodies
- 28 Mail org.
- 31 "Gosh"
- 32 Musical transition
- 34 Japanese pond fish
- 35 "How clumsy of me"
- 37 Human-like robots
- 39 Greek vowel
- 41 Smell
- 42 U.S.A. neighbour
- 45 Morale
- 49 Male hormone
- 51 Tortoise's rival
- 52 Versifier
- 53 Snakelike swimmer
- 54 Eager
- 55 Remnants
- 56 Firmament
- 57 Capone foe

Down

- 1 Con game
- 2 Major U.S. river
- 3 Without (Fr.)
- 4 Capital of 42-Across
- 5 Dark brew
- 6 Scooted
- 7 Probability
- 8 Department
- 9 Social doings at a lodge
- 10 Musial or Laurel
- 11 Half the offspring
- 17 Resistance unit
- 19 Charged bits
- 22 Sheet-music symbol
- 24 Past
- 25 Ultra-modernist
- 26 Hinged (on)
- 27 Just like that
- 29 Legume holder
- 30 Kin of 5-Across
- 33 Cupid's alias
- 36 Opens
- 38 Warbucks' Annie, e.g.
- 40 Commotion
- 42 Part of a Dracula costume
- 43 In due course
- 44 Reacts to time
- 46 Great review
- 47 Rainbow
- 48 Kennedy and Danson
- 50 "A mouse!"



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

2	4	6	9	7	5	1	8	3
3	8	7	6	1	2	9	4	5
5	1	9	6	3	4	7	6	2
6	7	2	4	9	3	5	1	8
8	3	1	7	5	6	4	2	9
4	9	5	1	2	8	3	7	6
9	2	4	3	6	1	8	5	7
7	6	8	5	4	9	2	3	1
1	5	3	2	8	7	6	9	4

Yesterday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

Q Q C H D ' O T B X Z I N Q I S P H K T
M H I Q G T O H D P N O T T P . Q N ' P
B H P P Q A X T N L Z N C H D
K Q S L N A T Z M T W Z O P T T W T O .
Yesterday's Cryptoquip: SOME YOGURT GOT
BANNED FROM THE HIGH-CLASS COUNTRY
CLUB FOR NOT BEING CULTURED ENOUGH.
Today's Cryptoquip Clue: D equals U



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20.

New faces and new places beckon this coming week, so get out and about and have a good time.

Taurus | April 21 - May 21.

Your ideas may seem sensible to you but other people clearly have doubts and you will have to work hard to convince them.

Gemini | May 22 - June 20.

Everything seems right with your world and what happens today will confirm your belief that the gods of luck are very much on your side.

Cancer | June 21 - July 22.

If you feel uncomfortable with something you are doing it is most likely your conscience trying to warn you that you are on the wrong track.

Leo | July 23 - Aug. 22.

There is no point arguing with people whose beliefs and opinions are so very different to your own.

Virgo | Aug. 23 - Sept. 22.

Someone you meet today will make such an impression on you that you actually want to be like them.

Libra | Sept. 23 - Oct. 22.

Don't attach too much importance to what you see or hear around you this coming week.

Scorpio | Oct. 23 - Nov.

21. Your challenge this week is to keep your more negative emotions under lock and key, even when certain people are clearly trying to provoke you into doing something intemperate.

Sagittarius | Nov. 22 - Dec.

21. According to the planets you will

accomplish more over the next few days if you take a relaxed view of other people's transgressions.

Capricorn | Dec. 22 - Jan. 20.

No matter how many things have gone wrong in your life it will all start going right again when Mars turns direct on the 14th. Between now and then just try to relax. You've been far too intense of late.

Aquarius | Jan. 21 - Feb. 18.

Look on the bright side today even if your world seems to be coming apart at the seams.

Pisces | Feb. 19 - March 20.

What you need to realize now is that you can have only a limited effect on your environment. Once you "get" that fact you won't feel so tempted to interfere in other people's lives — which only makes matters worse.

SALLY BROMPTON



Caption Contest

"So, does Bob know where we're heading?"

Eric B

ANDREW BROWNBILL/THE ASSOCIATED PRESS

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